

## Important Phone Numbers

### State Health Care Options

English & languages not listed.....	1-800-430-4263
Spanish.....	1-800-430-3003
Armenian.....	1-800-840-5032
Cambodian.....	1-800-430-5005
Cantonese.....	1-800-430-6006
Farsi.....	1-800-840-5034
Hmong.....	1-800-430-2022
Lao.....	1-800-430-4091
Russian.....	1-800-430-7007
Vietnamese.....	1-800-430-8008
TDD Line for Hearing Impaired.....	1-800-430-7077

### Health Plans Member Services

Blue Cross of California.....	1-800-407-4627
Community Health Group.....	1-800-224-7766
HealthNet.....	1-800-675-6110
Kaiser Permanente.....	1-800-464-4000
Molina Healthcare.....	1-888-665-4621

### County of San Diego - Healthy San Diego

#### For Information/Complaints

Message #.....	619-515-6584
Fax #.....	858-492-2275

Website..... [www.co.san-diego.ca.us/cnty/cntydepts/health/  
services/hscdvr.html](http://www.co.san-diego.ca.us/cnty/cntydepts/health/services/hscdvr.html)

### County of San Diego - Healthy San Diego (continued)

#### Health Care Options Counselors

(Enrollment counselors available to assist you by  
telephone or in person)

Centre City.....	619-237-8506
El Cajon.....	619-401-6184
Escondido.....	760-740-4069
Kearny Mesa.....	858-694-8862
Lemon Grove.....	619-668-3784
Northeast.....	619-337-6240
Oceanside.....	760-754-5860
South Bay.....	619-409-3296
Southeast.....	619-266-3963

For information and referral to mental health services, call  
Access Line..... 1-800-479-3339

### State Department of Health Services

Medi-Cal Ombudsman..... 1-888-452-8609  
(toll-free for unresolved problems and complaints)

To find a dentist who accepts Medi-Cal, call:  
Denti-Cal..... 1-800-322-6384

### State Department of Managed Health Care

..... 1-888-HMO-2219

### Consumer Center for Health Education and Advocacy

For education and advocacy about health care issues, call  
toll-free:..... 1-877-734-3258

### **HEALTHY SAN DIEGO**

County of San Diego  
Health and Human Services Agency  
P.O. Box 85222, San Diego, CA 92186-5222



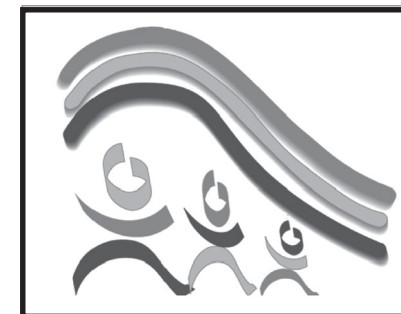
County of San Diego

*What you should  
know about...*

# HEALTHY SAN DIEGO

*and your Medi-Cal*

*health care*



## What is *HEALTHY SAN DIEGO*?

Healthy San Diego is a program to inform persons on Medi-Cal about their health care choices. It reaches thousands of people each month who apply for or renew their benefits.

### Why is this program needed?

A state law requires most people on Medi-Cal to join a health plan. This means they enroll in a plan that coordinates their medical services. The Healthy San Diego program provides the following information about joining a health plan.

- ☐ How to enroll
- ☐ How services are provided
- ☐ How to use a health plan to get good care

### How does a Medi-Cal health plan work?

You join a health plan at no cost to you. You select a doctor/clinic belonging to that plan. When you need care, you see the doctor you selected. Or, you may be referred to specialists, clinics, pharmacies and hospitals in your plan.

### How do I know if I qualify for Medi-Cal?

If you are unsure whether you qualify for Medi-Cal, call the Public Assistance Information Unit at (866) 262-9881 (no charge).

### How do I join a health plan?

When you qualify for Medi-Cal, you will be sent a packet. Complete the enrollment form, selecting a doctor or clinic. If you need help or have questions, call a Health Care Options Counselor listed on the back of this brochure (middle panel).

If you want to keep your current doctor/clinic, call their office to find out which health plans he/she works with. You can also call each health plan's member services office to get a listing of all the doctors, hospitals, pharmacies and vision services they work with. If you do not select a doctor/clinic, you will be assigned one by your health plan.

### What if my doctor isn't in a health plan?

If you are in treatment for a medical condition, such as pregnancy, and your doctor is not in a health plan, you may be able to stay with your doctor. You and your doctor must sign an exemption form and send it in with the Medi-Cal Choice form.

### Who doesn't have to join a plan?

The following are not required to join a health plan but may do so if they choose:

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| <input type="radio"/> Foster care | <input type="radio"/> American Indian |
| <input type="radio"/> 65 and over | <input type="radio"/> Blind/disabled  |
| <input type="radio"/> Adoptions   |                                       |

### How long does it take to enroll?

Once you complete the form and send it back in the envelope provided, it will take 15-45 days to process your paperwork. You will receive a notice in the mail from your health plan. In the meantime, you may receive medical care through the doctor/clinic you are currently seeing on a fee-for-service basis.

### What happens if I don't like my health plan?

You should first contact your health plan's membership office to see if they can resolve your concerns. If not, call one of the State toll-free Health Care Options telephone numbers on the back of this brochure and ask for a Medi-Cal Choice Form. Fill out the form, selecting another health plan, and send it in the envelope provided. The change will take effect in 15-45 days.

### In an emergency, can I disenroll?

You may disenroll on an emergency basis. To do so, you must call one of the State Health Care Options numbers on the back and tell the person answering the phone that you are requesting an emergency disenrollment. This will be approved only if you have a very important medical reason. If approved, the disenrollment becomes effective within 48-72 hours after proof is received.

### How do I get mental health care?

If you need basic mental health care, ask your plan or primary care doctor. If you need a specialist, ask your plan or call the Access Line at 1 (800) 479-3339.